

Survival, Evasion Resistance and Escape (SERE) Course  
(PHASE II SFQC)

(19 DAYS)

ATRRS SCHOOL CODE 331

COURSE CODE: 3A-F38/12-F27

**PURPOSE:** To train selected personnel on Code of Conduct, Survival, Evasion, Resistance and Escape. This SERE Course is only for personnel holding an ARSOF MOS as per USAJFKSWC command policy. **Exceptions must be predetermined** by the Commanding General, USAJFKSWCS or his designated representative. Level C training is for soldiers whose position, MOS, or assignment has a high risk of capture and whose position, rank, or seniority makes them vulnerable to greater than average exploitation efforts by a captor in both wartime and peacetime environments. Wartime examples include personnel who operate forward of the FLOT such as Special Forces, pathfinders, selected aviators, flying crewmembers, and members of Ranger battalions. Peacetime examples include personnel who have a high risk of being taken hostage by terrorists or being detained by a hostile government in a peacetime environment. Examples include Special Forces, selected military attaches, members of Ranger battalions, and anyone in special support missions near conflict areas.

**SCOPE:**

CODE OF CONDUCT APPLICATIONS IN WARTIME, PEACETIME, GOVERNMENTAL AND/OR HOSTAGE  
DETENTION ENVIRONMENTS  
GENERAL SURVIVAL SKILLS  
EVASION PLANNING  
RESISTANCE TO EXPLOITATION & POLITICAL INDOCTRINATION  
ESCAPE PLANNING

**PRODUCT PRODUCED:** Personnel are intensively trained in support of the Code of Conduct; survival field craft with application to worldwide environments; and the techniques of evasion, resistance to exploitation, and escape from captivity.

**COURSE PREREQUISITES:** Active and Reserve component personnel of the armed forces of the United States specified by DOD Directive 1300.7 and AR 350-30 to receive Level C Code of Conduct/SERE training.

**REPORTING INSTRUCTIONS:** Because some students will be coming from distant stations (TDY Students), and other students are already stationed at Fort Bragg (local students), some of the following will not apply equally.

1. **Students must have all their affairs in order prior to in-processing.** No time will be available to return leased vehicles or perform other non-course activities after reporting for in processing.
2. TDY students arriving at Fort Bragg should register at Moon Hall NLT Sunday evening, the day before the course start date. Moon Hall is located in building D-3601; telephone: DSN 236-7700 or Commercial (910) 396-7700. Moon Hall is for billeting only. Course cadre will **NOT** be present at check-in.
3. TDY students must provide a copy of orders to the Moon Hall Receptionist at check-in. In order to expedite checkout, management suggests paying all expenses the night before checkout to avoid checkout lines. Those students who settle their accounts the night before check-out should inquire, at that time, about express check-out for course students.

4. TDY students staying overnight at Moon Hall should be checked out of Moon Hall prior to 0630 hours Monday morning. Schedule a reservation for the 19th and 20th day of class. 1st day of class is Monday unless otherwise specified. TDY personnel must make their own reservations at Moon Hall for any overnight stays required at the completion of the course. If no rooms are available at Moon Hall at the end of the course, a statement of non-availability will be issued.

5. All students report, with their gear, outside in front of USAJFKSWCS Bank Hall, center ramp, Building D-3915, on **Monday morning NLT 0600** to be transported to Camp Mackall for in-processing. The USAJFKSWCS Bank Hall, Building D-3915 is bordered by Zabitosky Road, Ardennes Street, Merrill Street, and Bastogne Drive.

6. No transportation will be provided from Moon Hall to Bank Hall, Building D-3915. Students will bring all bags to in-processing. You will board military transportation immediately upon its arrival, and there will be no time to return to Moon Hall to pick up your gear.

**7. TDY students who complete training should not plan to travel before Saturday.**

8. No mail will be issued or received during the course and no phone calls will be authorized.

**9. All students will report with the following: Failure to report with the prerequisite items will result in failure to attend the SERE course.**

a. ID card and ID tags.

b. Orders (five copies). TDY students will have DD Form 1610 or Format 400/440 TDY orders. Local students will have Format 440 attachment orders (memorandum format). Government quarters are provided and field conditions apply. Students will have access to the dining facility.

c. Service members will hand carry their SERE physical, current within 2 years with the U. S. Army John F. Kennedy Special Warfare Center and School (USAJFKSWCS) or U. S. Army Special Operations Command (USASOC) surgeon approved SERE stamp, for the purpose of attending SERE School.

**Photocopied SERE physical will be accepted if the local TMC will not release the original physical.** Soldiers assigned to USASOC Units may obtain the SERE physical stamp through their unit medical officer. **Soldiers assigned to non-USASOC units whose groups do not possess the stamp must submit their physicals to the 1<sup>st</sup> SWTG(A) S-3 MED NCO for approval NLT 45 days prior to start date.**

\*\*\*NOTE: The physical that was acceptable for SFAS/SFQC will suffice for SFQC students attending the SERE phase of training, providing the physical is current within a 2 year period. In addition, the student must possess a normal EKG and a satisfactory urinalysis test within five years. Any abnormalities will have accompanying evaluation/waiver paperwork by appropriate medical specialist.

Organization/unit surgeons will base their determinations of a soldier's medical qualification/disqualification on AR 40-501, Standards of Medical Fitness (12 APR 04).

Soldiers requesting waivers for disqualifying medical conditions will submit their entire physical examinations along with a memorandum signed by the soldier requesting the medical waiver (NLT 30 days prior to class start date) through the 1<sup>st</sup> Special Warfare Training Group S-3, Medic (where the process is initiated). The 1<sup>st</sup> Special Warfare Training Group Medic is:

Commander  
1st Special Warfare Training Group (A) S-3  
ATTN: (Medical NCO)  
AOJK-GP-GC  
Fort Bragg, NC 28310-0000  
Fax (910) 432-0369 Commercial / 239-0369 DSN Attn: Medical NCO

d. DA Form 705 (PT test) or equivalent evaluation, current within 30 days of in processing. All students must attain a score of 180 points on the Army Physical Fitness Test (APFT), with at least 60 points per event, passed within 30 days of reporting date to the SERE High-Risk Level "C" Course and given IAW FM 21-20.

e. Annual combat water survival Swim test certification (CWSST) or memorandum signed by student's command annotating that the student passed. The CWSST consists of a 3 meter drop, combat equipment removal, and a 75 meter swim. CWSST is not needed for (Marines, Special Forces-qualified soldiers, or Ranger-qualified soldiers). **Non-swimmers do not qualify to attend SERE High Risk Level C training.**

f. All required clothing and equipment per the packing list below.

g. All students attending SERE must possess a minimum of an interim SECRET Security Clearance to be accepted for attendance. If the student is not a Special Forces Qualification Course (SFQC) student, he or she **must have, in their possession at the time of in-processing, a memorandum from their battalion or group level security manager (OIC or NCOIC) verifying their Security Clearance level. The memorandum must be dated not more than 30 days prior to the start date of the SERE class they are attending.**

h. All Students who are **not** attending SERE as part of the SFQC **MUST** possess a memorandum from their unit commander verifying that they have received training in **Land Navigation techniques. If a student gets lost due to poor Land Navigation skills, they may be dropped from the course.** The land navigation training should include; Lensatic compass familiarization, terrain association, map reading, techniques utilizing terrain contouring, as well as participation in a basic land navigation course.

i. Minimum amount of spending money may be brought at the student's discretion.

**j. Students attending SERE training are required to comply with Army grooming standards.**

This clothing and equipment list Dated: **1 AUGUST 2012** supersedes all previous packing lists for SERE High Risk Level "C" clothing and equipment lists.

## **PACKING LIST**

### **ITEMS TO BE WORN TO IN PROCESSING**

ACU Uniform (Complete With Patches)	1SET
Undershirt (Tan)	1EA
Undershorts (Brown) (Optional)	1EA
Socks (Brown, Green, and/or Brown, Wool)	1PR
Patrol Cap (ACU Pattern)	1EA
Boots (Desert, Tan)	1PR

Military ID Card	1EA
ID Tags (Must Be On Standard Chain, No 550 Cord or Similar Material)	1SET
Money (Not To Exceed \$80.00)	
Wrist Watch – (Inexpensive, Without Compasses or GPS)	1 EA
Pen (Black Ink)	2 EA
Mechanical Pencil	1 EA
Note Book	2 EA
Glasses, Prescription, Military Issue or Civilian (AS REQ)	2 PR
*NOTE: No Contact Lenses May Be Worn During Any Portion Of The SERE Course.	

**ITEMS TO BE PACKED IN DUFFEL/AVIATORS KIT BAG AND ALICE OR MOLLY PACK (NON-MODIFIED ARMY ISSUE):**

**CIVILIAN CLOTHES (Appropriate for Travel Overseas)**

Collared Shirt	1 EA
Slacks	1 EA
T-Shirt (No Inappropriate Logos)	1 EA
Jeans (No Holes) (No Gang Attire) Jeans will fit properly to cover undergarments	1 EA
Closed Toe Shoe (No Sandals)	1 EA
Baseball Style Cap (Optional), (No Inappropriate Logos)	1 EA
Jacket, Civilian, Inclement Weather	1 EA
Bag, Duffel (Or Aviators Kit Bag)	1EA
Combination Lock	1 EA
Flashlight with One Set of Extra Batteries	1 EA
Bag, Barracks	1 EA
Bag, Wet Weather	2 EA
Cap, ACU (Additional To the One Worn)	1 EA
Suspenders, LCE or LBV (Army Issue)	1 EA
Belt, Pistol	1 EA
Canteen, 1 QT	2 EA
Cover, Canteen 1 QT	2 EA
Canteen, 2QT	2 EA
Cover, Canteen, 2 QT	2 EA
Cup, Canteen	1 EA
Camelback	1 EA
Compass, Lensatic W/ Case (CIF Army Issue, No Silva's Or Other Commercial Compasses)	1 EA
Pouch, Ammo, 5.56mm	2 EA
Field Pack, Alice, Large W/ Frame (Army Issue, No Modifications Allowed)	1 EA
ACU Uniform (Complete With Patches)	3 SETS
Poncho, Wet Weather	2 EA
Liner, Poncho	1 EA
Boots, Army Issue (summer) (Additional to the pair worn)	1 PR
Socks, Wool, Cushioned Sole	6 PR
Socks (White, Cotton)	2 PR
Undershirt, Tan	4 EA
Sports Bra (Females Only)	4 EA
Undershorts, Brown (Optional For Males)	4 EA
Towels (Brown)	2 EA
Shower Shoes	1 PR
APF Uniform (summer, Shorts, Shirt)	1 SET
Cold Weather Gloves, (Army Issue)	1 PR
Gloves, Leather, Work (Or Army Issue Black Leather Gloves)	1 PR
Wet Weather Top, Gortex	1 EA
Wet Weather Bottom, Gortex	1 EA

SPEARS Top (Polypro Authorized)	1 EA
Field Jacket Liner (Optional)	1 EA
Knife, Pocket And/ Or Sheath (Not Longer Than 7")	1 EA
Personal Hygiene Items for 19 Days	as Req
Running Shoes	1 PR
550 Cord	20 FT
Bungee Cords	5 EA
Eye Protection (Clear Lens Only)	1 SET
Fire Starting Device (I.E. Lighter, Matches,)	1 EA
<b>Magnesium Bar</b>	<b>1 EA</b>
Ear Plugs (Foam)	1 PR
Sewing Kit (Optional)	1 EA

**ADDITIONAL ITEMS DURING WINTER MONTHS (01 October Thru 30 April).**

Fleece Jacket (Military Issue)	1 EA
Boots (Cold Weather, Desert, Tan)	1 EA
Cold Weather Socks (Optional)	4 PR
APFU Jacket	1 EA
APFU Pants	1 EA
Cap, Watch (Black or ACU)	1 EA
Neck Gator	1 EA
Balaclava (Optional)	1 EA
SPEARS Top (Or May Substitute With Polypro)	1 EA
SPEARS Bottom (Or May Substitute With Polypro)	2 EA
Bag, Sleeping System, (Includes Green Layer, Black Layer, Gortex Cover)	1 EA

**PROHIBITED EQUIPMENT:**

1. Reading Material Not Directly Relating To Survival Or POW Experiences (Absolutely No Pornographic Materials Allowed)
2. Audio/Visual (I.E. Radio, Camera, CD player, Walkman, IPOD, Camcorder, Pager, Cell Phone, Etc.) Do not bring any to the course.
3. Camp Stoves or Heat Tablets
4. Additional Food, Spices, or Aluminum Foil
5. Contact Lenses WILL NOT be worn during the SERE course.
7. Sunglasses
8. E - Tool
9. Saws
10. Butt Packs
11. Medications (only medications authorized to be taken during the course are those prescription medicines annotated in the students medical records or medicines issued during the course by SERE medics or TMC/WAMC personnel). No medications will be authorized during the FTX or RTL portion of the SERE course.
12. No dietary supplements are authorized. Students are prohibited from consuming or possessing any form of the following supplements within 30 days prior to training:

(a) Ephedrine Sulfate: Commonly known as Ephedra, Ephedra Sinica, or Ma-Huang

(b) Synthetic Creatine (Creatine Monohydrate): Citrate, Phosphate or Monohydrate Salts

Note 1: All female personnel attending the SERE course will be authorized the use of external feminine hygiene products and birth control pills if applicable. Female students using birth control must ensure medical records are annotated appropriately. Additionally, females requiring these items should bring enough for the duration of the 21 day course. During the FTX/RTL phases of training, these items will not be carried by female students. They will be given to the instructors and provided as needed.

Note 2: No machetes or other knives with a blade over 7" are allowed. KBAR, survival knife, Swiss Army Knife, and Gerber type tools are allowed.

Note 3: Belt, army issue non-stretch will be used for specific tasks during survival training.

Note 4: If an item is not on this list, then do not bring it with you!

\*\*\*\*\*SERE DOES NOT HAVE ACCESS TO A CENTRAL ISSUE FACILITY\*\*\*\*\*

Violations of this packing list will constitute a Pre-Requisite failure and students will not be allowed to continue in the course.

POC is the OPS SGT, DSN: 239-4407 or Comm.: (910) 432-4407.

This LOI w/clothing and equipment list dated: **1 August 2012** supersedes all previous packing lists for SERE High Risk Level "C" clothing and equipment lists.